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Meals for the Three-Year-Old

Start with a Good Breakfast

BREAKFAST

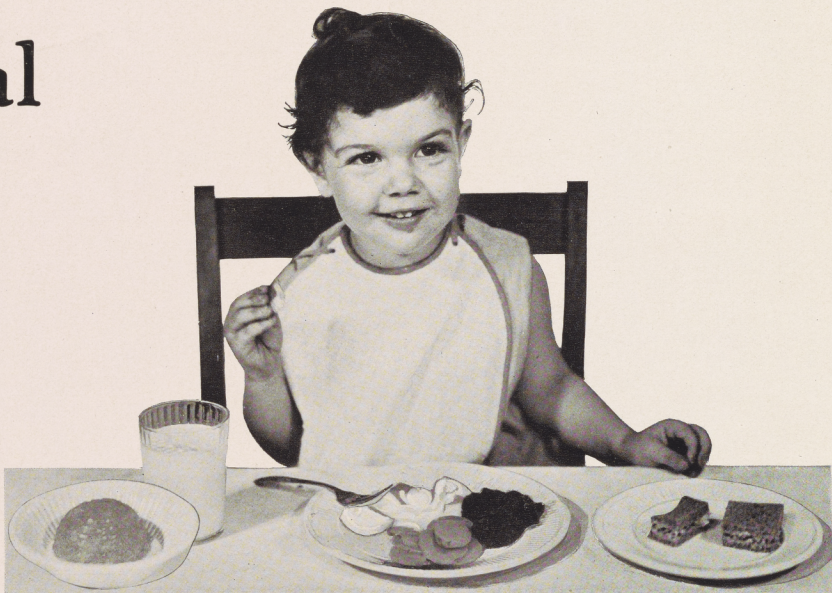
Orange Juice
Cereal with Top Milk
Bacon, Buttered Toast
Milk



The Chief Meal at Midday

DINNER

Creamed Eggs
Carrots, Spinach
Bread and Butter
Fruit Gelatin
Milk



Simple Suppers are Best

SUPPER

Stewed Tomatoes and Celery
Scalloped Potatoes
Buttered Toasted Roll
Cookie
Milk



CHILD-FEEDING CHART 7

Bureau of Home Economics

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